



WELLNESS WEEKLY

MARCH 10, 2014

MARCH IS...

- ♦ National Sleep Awareness Week (3/2 - 3/9)
- ♦ National Pulmonary Rehabilitation Week (3/9 - 3/15)
- ♦ National Nutrition Month
- ♦ National Colorectal Awareness Month
- ♦ American Diabetes Alert Day (March 25)

**ALL WELLNESS EVENTS
ARE FREE & OPEN TO
ALL**

**BALTIMORE CITY
EMPLOYEES.**
For more information
contact Lisa Evans at
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Phone: 410 396-3872

**The Wellness
Program has
NEW Giveaways
for Wellness
Activity
Participants**



This Week's Events:

Event	Date	Location	Time
Aging Gracefully: Adapting to Changing Nutritional Needs	Mar. 11	Online Seminar (Open to All Employees) Registration Required: www.Source4women.com CLICK: [Online Seminars & Events] Unable to attend? Review the presentation any time after the scheduled date. Go to: www.Source4Women.com CLICK: Online Seminars & Events; Previously Recorded Seminars	12:30-1:30 p.m.
Provided by: United Healthcare			
Tai Chi	Mar. 12	The Department of Human Resources 201 E. Baltimore St. 1st Floor, Montebello Suite Class is full: Registration Closed	4:45-5:30 p.m.
Smoking Cessation	Mar. 13	Mayor's Office of Employment Development 417 E. Fayette St. Suite 466 - Fishbowl Conference Room Baltimore, Maryland 21202 Registration Required: www.cityofbaltimorewellness.com	2:30-4:00 pm
(7-weeks)			

Coming Soon: Nutrition Week

Event	Date	Location	Time
Nutrition: Just the Basics	Mar. 25	The Department of Human Resources 201 E. Baltimore Street, 5th Floor (Across from Benefits Division) Room 5A	12:00-1:00 p.m.
Healthy Nutrition Cooking Demonstration	Mar. 26	The Abel Wolman Building 200 N. Holliday Street Baltimore, MD 21202 (Room. 7)	12:00-1:00 p.m.
Healthy Nutrition (information table in the Rotunda)	Mar. 27	City Hall 100 N. Holliday Street Baltimore, MD 21202	12:00-2:00 p.m.
Healthy Nutrition (information table in the lobby)	Mar. 28	The Benton Building 417 E. Fayette Street Baltimore, MD 21202	12:00-2:00 p.m.

What is Pulmonary Rehabilitation Week?

Pulmonary Rehabilitation week is a time to educate others about the important role rehabilitation plays in enhancing the quality of life for individuals with lung problems such as:

Chronic Obstructive Pulmonary Disease (COPD)

Lung conditions defined by an inability to exhale normally, which causes difficulty breathing.

Chronic Bronchitis

A form of COPD characterized by a chronic productive cough.

Emphysema

Lung damage allows air to be trapped in the lungs in this form of COPD. Difficulty blowing out is its hallmark.

Pulmonary Rehabilitation helps participants:

1. Experience less difficulty breathing;
2. Increase muscle strength and endurance
3. Improve ability to cope with daily activities;
4. Understand how to use medications and oxygen appropriately;
5. Improve quality of life;
6. Reduce hospitalizations

Typical Pulmonary Rehabilitation programs include:

Monitored and supervised exercises * Education *
* Assistance with smoking cessation * Stress management techniques

This information is not intended nor implied to be a substitute for professional medical advice. It is provided for educational purposes only.